

...and new classes keep it fresh



Sweat-fest

HIITGIRL

Great for busy women, classes last just 30 minutes and work every muscle, leaving you sweaty, sore and totally satisfied with yourself. No two sessions are the same – just the ticket if you're stuck in a workout rut. **Harrogate and London, hiitgirl.com**

Feel the burn

ZUMBA RIOT

With all that whooping, fist-pumping and hip-shaking, Zumba always feels like a party. Now, kick it up a notch or 10 with Zumba Riot – Pacha-scale classes with booming beats and as much hands-in-the-air as your arms can handle. **London, zumbariot.com**

The heat is on

POPDANCE ENERGY

Popdance Energy instructors play the very catchiest have-to-get-up-and-dance pop tunes (that's Kylie, Beyoncé and Rihanna to name a few). Follow their routines or freestyle for a mega-fun, fat-blasting workout. **Nationwide, popdance.co.uk**

Get your glow on

PLAYBOY BUNNY BOOTCAMP

No, there's no prancing around in a bikini – this class is all about creating a strong, feminine body, so expect lots of booty-lifting squats, waist-whittling hip shakes and pin-honing lunges. They do say bikini bodies are made in winter. **London, gymbox.com**

Getting warmer

SPEEDFLEX

In this 45-minute class, you'll do a circuit of seven resistance machines to target every muscle group. All the fast-paced squatting, pressing and rowing makes it high intensity, but the machines are designed to keep everything low impact. **London and Newcastle, speedflex.com** ➔